

Verified 3.99 /lb
Fresh Boneless Pork Loin Centre and Rib Combo Chops Family Size 8.80/kg

Verified 3.49 /lb
Extra Large Green Seedless Grapes product of Peru 7.69/kg

Verified 4.99
COMPLIMENTS or THE CANADIAN BUTCHER Bacon 175 g or COMPLIMENTS Fully Cooked Bacon 65 g

Verified 7.99
PANACHE Butterfly or Coconut Breaded Shrimp 340 g or MARINA DEL REY Wild Argentinian Raw Shrimp 30-30 ct per lb or Raw Shrimp Meat 300 g

Verified 1.788 /lb
Sweet Orri Clementines product of Israel 4.14/kg

Verified 3.99
COMPLIMENTS Potatoes 5 lb, assorted product of Atlantic Canada

Verified 8.99 /lb
Fresh Boneless Sirloin Tip Oven Roast or Family Size Marinating Steak cut by your meat expert from Canada AAA grade beef 19.82/kg

Verified 4.94
NESTLÉ Premium Frozen Dessert or Real Dairy Ice Cream 1.5 L Drumstick or Selected Premium Novelties 4-10 pk

Verified 3.47
COCA-COLA or PEPSI Mini Cans 6x222 mL

Verified 11.99
CASHMERE Bathroom Tissue 24=48 or 12=48 rolls, SPONGETOWELS 6=12 rolls or SCOTTIES Facial Tissue 12 pk

Verified 5.96
DANONE Activia Yogurt 12 pk

Verified 1.66
COMPLIMENTS Pasta 900 g or CATELLI Garden Select Pasta Sauce 600 mL

Verified Price Guarantee **LOWEST PRICE** on select flyer items or automatically receive the difference in Scene+ points*
*Conditions apply. See sobeys.com for details.

*Verified Prices: For a limited time only, if a brick and mortar supermarket competitor offers a lower price on an identical product, upon purchase of that product, you will automatically receive the difference in Scene+ points. Scene+ digital or physical card must be presented at time of transaction. Only applies to products in flyer marked with the Verified Prices icon. Does not apply to competitor errors or competitor promotions. No cash value. Valid at participating Sobey's stores for the weekly flyer period. Program subject to change without notice. Visit www.sobeys.com/verified-prices for additional details.

FEBRUARY 12 TO MARCH 4, 2026

Scene+ **YOUR MYSTERY OFFER COULD EARN YOU UP TO 10,000 SCENE+ POINTS***

Load your **Mystery Offer** every week on the **Sobeys app** or at **Sobeys.com**

*See page 2 for full terms and conditions.

half price SALE



value size

NOW

2⁹⁹

Fresh Boneless Whole Pork Loin Centre and Rib Portion cryovac 6.59/kg



340g

NOW

1⁷⁵

COMPLIMENTS Baby-Cut Carrots product of USA 340 g



NOW

2⁵⁰

PILLSBURY Pizza Pops 380 g



NOW

1²⁴

COMPLIMENTS Potato Chips 200 g



NOW

1⁹⁹

Swirls available hot or chilled 225 g

Your family could **WIN***
 1 million Scene+ Points towards **free groceries**
*see page 4 for details

3⁹⁹

ORVILLE REDENBACHER
 Ready to Eat Popcorn 116-220 g

7⁹⁹

FUZE or PEACE Iced Tea
 12x341 mL

5⁹⁹

GENERAL MILLS
 Family Size Cereal
 516-778 g

2/\$9

MCCAIN
 Superfries
 454-800 g

23⁹⁹ +150 PTS when you buy!

CORONA Cero Non-Alcoholic Beer
 12x355 mL

19⁹⁹

TIDE Liquid Detergent 3.46-3.9 L, Pods 45-76 pk, GAIN Flings! 45-76 pk, DOWNY Unstoppables 853 g, IVORY SNOW 3 L, or CASCADE Auto Dish Tabs 51-90 pk

Scan to view full list of participating products

100% fresh GUARANTEE **Guaranteed fresh or your money back**

200 PTS when you buy 2

5.99

COMPLIMENTS Breads
Chicken or ASIAN INSPIRATIONS or WONG WING Entrées or Appetizers 400-700 g

BUY 2 GET 3RD FREE

JOHNSONVILLE Breakfast, Dinner or Smoked Pork Sausages 250-500 g or DAILY'S Bacon 375 g

BAKED IN STORE

3.99

Dinner, Tray or Butter Topped Rolls 12 pk 425-455 g

Made with 100% Canadian Flour

10.99 /lb. ea

3.99 /100 g

COMPLIMENTS Extra Large Cooked Shrimp in Ring with Sauce 312 g or Coho Salmon Fillets or Bay Scallops 80-120 ct per lb frozen 24.23/kg

COMPLIMENTS Regular or Jumbo Wieners 450 g, Sliced Meat 175 g, SCHNEIDER'S Lunchmate Stackers or Adult Snack Kits or GREENFIELD Snack Kits 74-120 g selected

5.99

MONSIEUR GUSTAV Goods or Swiss 170 g, Double Cream Bire 125 g or JARLSBERG Slices 120 g

3.99 /100 g

COMPLIMENTS Montreal Smoked Meat, Pastrami, Roast Beef or Corned Beef

5.99

GAY LEA Butter 454 g (excludes Sticks)

6.99

CRACKER BARREL Cheese 340-400 g, Shreds 250-320 g or BLACK DIAMOND Cheestings 12-16 pk

4.99

TROPICANA Lemonades or Drinks 1.36 L or Tropics 1.53 L or PURE LEAF Iced Tea 1.75 L

2/6.50

LAY'S Potato Chips 220-235 g

100 PTS when you buy 2

2.89

COMPLIMENTS White or Whole Wheat Bread 570 g

2/\$5

CHRISTIE Chips Ahoy, Oreo or Fudge-O Cookies selected or CRISPERS or Bits & Bites 145 g

4.99

CADBURY, FERRERO, HERSHEY'S or NESTLE Easter Novelty Chocolates 85-340g while supplies last

3.99

KELLOGG'S Cereal 210-525 g selected (excludes Family Size) or GENERAL MILLS Premium or Core Cereal 297-437 g

2.88

BEN'S ORIGINAL Bistro Express Rice 240-250 g or TASTY BITE, Side Dish 285 g or CLOVER LEAF Albacore White Tuna 170 g

4.49

STRUB'S Pickles 1 L (excludes Premium) or FRENCH'S Ketchup 750 mL-1 L

200 PTS when you buy 1

27.99

PAMPERS Super Pack Diapers 42-102 pk, Easy Ups 40-74 pk or Ninjamas 34-44 pk

300 PTS when you buy 2

4.99

SENSODYNE or Pronamel Whitening Toothpaste 75-100 mL

EVERYDAY VALUE

4.50

1000 Nano Drinkable Yogurt 6 pk

300-600 PTS

5

COMPLIMENTS Frozen Fruit 300-600 g

2

COMPLIMENTS English Muffins 6 pk

6 PACK

200-225 PTS

1

COMPLIMENTS Macaroni & Cheese 200-225 g

We have 2X as many Canadian-origin products as competing stores Look for the leaf to help support Canada.

2X Canadian-origin products

It is our intention to have every advertised item in stock for all customers, so we reserve the right to limit quantities to reasonable family requirements while supplies last. We regret we are unable to provide larger quantities to retail outlets. Occasionally an item may not be available due to unforeseen shortages. In such cases, we'll issue you a raincheck to guarantee you the item at the advertised price when it becomes available, or if you prefer, we'll offer you a similar item at a comparable price. See details for product size and type identification. We reserve the right to correct any typographical errors. Advertised prices do not include any applicable taxes or discounts. All in-stock locations, prices effective from 8 a.m. Thursday morning, until supplies last. While supplies last. All weekly Saver's offers include taxes, delivery charges, all payments, service fees, rental fees, event tickets, gift cards, food/dairy products in Atlantic regions, pre-paid cards, postal products and services, Staples.com, Macys.com, Home Depot, Sears.com, Best Buy.com, Target.com, Wal-Mart.com, and other participating retailers. Liquor and alcoholic beverages, tobacco products, lottery, photo finishing, deposits, environmental charges, fuel and other goods and services which are non-discountable or excluded by law. Rewards: 12000 Some points by \$10 towards your purchase up to a maximum of 100000 Some points \$1000 per day for full Saver's Terms & Conditions or to redeem your points, visit <https://www.competitor.ca/terms-and-conditions>. All offers are subject to change and may be withdrawn without notice. Trademarks of Scania Plus IP Corporation used under license by Scania. Code: 20240909001. Photo: gettyimages.com. Printed with vegetable based ink. Notwithstanding, Supplement to The Return Policy.

GET TO FREE GROCERIES FASTER

when you scan your Scene+ membership card and pay with your Scotiabank Scene+ Visa Card.

1,000 pts = \$10 in groceries*
GET 2 SCENE+ PTS ON EVERY \$1 SPENT!
*1000 points = \$10 in groceries - Scene+ points redeemed at any participating Empire location must be redeemed in increments of 1,000. *Get 2 Scene+ pts on every \$1 spent - On eligible everyday purchases at participating grocery stores. Other conditions apply. See full list of participating merchants across Canada at Scotiabank.com/participatingstores. Visa Int./licensed user.

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Scene+ PLUS UP POINTS

ALL WEEK LONG!

7.99 **200 PTS** when you buy 2

THE LITTLE POTATO CO. Potatoes selected product of Canada, Canada no 1, 3 lb

250 PTS when you buy 250 g or more

Maple Baked Ham sold by 100 g available hot or chilled

5.00 **500 PTS** when you buy 2

INSPIRED BY HAPPINESS Cakes gluten free 456-468 g, Real Cream Layer Cakes 510-705 g or Dessert Bars 6 pk 346-354 g

5.99 **200 PTS** when you buy 2

Filled Donut Bites 12 pk 440 g

6.49 **200 PTS** when you buy 2

COMPLIMENTS Sliced Deli Meats selected 175 g

1.00 **100 PTS** when you buy 2

Snack or Classic Meal Boxes select varieties 300-320 g

9.99 **200 PTS** when you buy 1

SUNRYPE Fruit Source Bars 12 pk or Fruit To Go 24 pk

4.49 **100 PTS** when you buy 1

SWANSON Frozen Dinners 255-345 g

3.99 **300 PTS** when you buy 3

YOPLAIT Source Yogurt 630 g

4.99 **200 PTS** when you buy 2

ARMSTRONG Cheese Slices 220-240 g

1.00 **100 PTS** when you buy 2

COMPLIMENTS Doughchi Bites 6 pk selected

2.00 **200 PTS** when you buy 2

STARBUCKS Frappuccino or Doubleshot Coffee Drinks 405-444 mL

2/8.50 **150 PTS** when you buy 2

TOSTITOS Tortilla Chips 205-300 g

3.00 **200 PTS** when you buy 3

PEPPERIDGE FARM Goldfish Crackers or Crisps 156-227 g

5.49 **200 PTS** when you buy 2

NESTLE Carnation Hot Chocolate Envelopes 7-10x25 g

*Offer valid weekly (Thursday - Wednesday) from February 12 - March 4, 2020. Cash value negligible. Offer applies to Scene+ members who joined and registered their card before January 21, 2020. Qualifying purchases must be made in a single transaction in bank. Offer must be redeemed in participating Scotiabank Scene+ Card pay to transaction. No bonus for pre-purchased. Offer includes taxes and other applicable products by law. Scene+ right of physical membership card must be presented at time of purchase. Offer subject to change and may be withdrawn without notice. Trademarks of Scene+ Inc. © 2019 Scotiabank. All other marks by their respective owners.

70,000+ PTS

available in store February 19-25, 2026

That's like over **\$700** toward your groceries

200 PTS when you buy 2

11.99

WENDY'S Fresh Never Frozen 100% Canadian Ground Beef Patties no fillers or additives 4 pk 454 g

Scene

EARN POINTS ON NAGANO PRODUCTS

GET UP TO 2,000 PTS

SPEND \$20, GET **500 PTS**

SPEND \$35, GET **800 PTS**

SPEND \$80 OR MORE, GET **2,000 PTS**

STARTING AT 10.99 /lb

NAGANO Premium Fresh Pork Loin Hotel Cut Chop, Tenderloin or Back Ribs starting at \$4.23/kg

100 PTS when you buy 1

7.99

HIGH LINER Breaded or Battered Haliback or Pollock, Butterfly or Popcorn Shrimp, Fish & Chips or Fish Cakes 330-700 g

150 PTS when you buy 1

14.99

40 FATHOMS Breaded Haliback or Cod Fillets 815 g

130 PTS when you buy 1

12.99

COMPLIMENTS Chicken or Beef Individual Pot Pies 750 g

100 PTS when you buy 1

5.99

LOTUS Biscoff Spread 380-400 g

250 PTS when you buy 4

1.99

COMPLIMENTS Canned Legumes 540 mL

100 PTS when you buy 1

1.00

COMPLIMENTS CROUTONS 145 g or COMPLIMENTS or COMPLIMENTS BALANCE Salad Dressings 475 mL

100 PTS when you buy 2

3.49

COMPLIMENTS Marshmallows 400 g or Coconut selected 200 g

BUY MORE SAVE MORE

100 PTS when you buy 2

3.49

PAMPERS Wipes 56-72 pk 3.99 ea

100 PTS when you buy 1

5.29

ENERGIZER Batteries AA 4 pk, AAA 2 pk or 9V 1 pk

200 PTS when you buy 2

4.49

CLOROX Bleach 1.27 L

300 PTS when you buy 2

STARTING AT 11.99

DAWN Dish Soap 2.21-2.64 L or Spray 946 mL

Scene 1,000 PTS = \$10 of free groceries

So much value



3/\$6 Bulk Avocados product of Mexico

279 Long Seedless English Cucumbers product Canada, Canada no 1 grade

227 Sweet Potatoes product of Atlantic Canada 3.00/kg

4/\$4 Lemons product of Spain or USA

5.99 Super Sweet Sumo Oranges product of USA 13.21/kg

3.99 Broccoli Crowns product of Mexico or USA 8.80/kg

3.49 Green or Red Leaf Lettuce product of Mexico or USA

3.97 Carrots or Onions product of Canada 3 lb

8.49 COMPLIMENTS Grape Tomatoes product of Mexico or USA 680 g

5.99 Jalapeño Peppers product of Mexico or USA 13.21/kg

2.99 Bose Pears product of USA extra fancy grade 6.59/kg

3.99 Peaches or Nectarines product of Chile no 1 grade 8.80/kg

2.99 Pazzaz Apples product of Atlantic Canada, Canada extra fancy grade 6.59/kg

3.99 Large Cantaloupe product of Costa Rica or Guatemala

4.99 COMPLIMENTS Caesar Salad Kit product of USA 280 g or FRESH ATTITUDE Caesar Bacon Dressing Kit 171 g or Spring Mix 143 g packed in Canada

5.99 French Green Beans product of USA 400 g

15% off Prepared Fresh Daily Mixed Melon, Watermelon, Honeydew or Cantaloupe Chunks assorted sizes

1.99 Red Carrot product of China or Long Spine product of Mexico or Honduras 4.39/kg

1.28 Passion Fruit product of Colombia

5.99 Organic Raspberries product of Mexico or USA 6 oz 170 g clamshell

9.99 LB. SNAPPERS Gala Apples product of USA fancy grade 1.36 kg 3 lb bags

4.99 LITEHOUSE Select Dips 283-340 g

4.49 TRADITION Cider selected 1.5-2.25 L

4.99 H&M Dried Fruit selected 180 g

9.99 WONDERFUL Pistachios shelled product of USA assorted varieties 155-170 g

floral Available at most stores

13.99 Assorted Potted Mums 7" pot

24.99 Ramadan Celebration Bouquet

11.99 Just Because Bouquet

2/\$7 Assorted Potted Herbs grown in Newfoundland

FEED THE DREAM WINNERS NEED THE DREAM CONTEST 2020. The "Winner" NO PURCHASE NECESSARY. A random draw will select the winner from all entries received by the contest deadline. Contest ends from January 8, 2020 and ends on March 18, 2020. Open to legal residents across all provinces of Canada including Quebec, who have a valid Green Account, and who have reached the age of majority on the date they enter the Contest. There are three (3) grand prizes. The grand prize is a vacation for two (2) of \$100,000. Runner-up prize is \$10,000. Second prize is \$2,000. There are three (3) consolation prizes. The consolation prizes are \$1,000, \$500, and \$250. Grand prize is available to legal residents of Ontario, Quebec, and Alberta only. All other provinces are not eligible. The prize has no cash value, and no substitutions will be made. Contestant's personal and banking information. Odds of winning depend on the number of eligible entries received. ©2020 L3/Canada. The prices have no cash value, and no substitutions will be made. Currency assumed and listing quantities. Market. Odds of winning depend on the number of eligible entries received. POC: Sam.Lewis@L3.ca

So tender

Starling
PREMIER

HAND-SELECTED AAA BEEF

Well-marbled • Aged to perfection
Cut from Canada AAA Beef
Exclusive to Sobosys

24⁹⁹ /lb

STERLING SILVER Fresh Boneless Striploin Premium Oven Roast or Family Size Grilling Steaks cut by your meat expert from Canada AAA grade beef 55.09/kg

15⁹⁹ /lb

STERLING SILVER Fresh Boneless Top Sirloin Premium Oven Roast or Family Size Grilling Steaks cut by your meat expert from Canada AAA Grade Beef 35.25/kg

*You're like \$5 towards your groceries
500 PTS when you spend \$10 or more
CERTIFIED TENDER TENDER CERTIFIED
CERTIFIED TENDER TENDER CERTIFIED

5⁴⁹ /lb

COUNTRY RIBBON Fresh AIR-CHILLED Whole Chicken Wings Family Size 12.10/kg

250 PTS when you spend \$10 or more

COUNTRY RIBBON Fresh AIR-CHILLED Boneless Skinless Chicken Thighs Family Size

5⁹⁹ /lb

Fresh Boneless Pork Loin Centre Cutlets Family Size 13.21/kg

4⁹⁹ /lb

Fresh Pork Side Ribs breast bone removed regular cut 11.00/kg

200 PTS when you spend \$20 or more

Fresh Regular Ground Beef Family Size

\$6 when you buy 2 ea

JOHNSONVILLE Sausage Meat, NOBLE Premium Lean Ground Bison 225-454 g starting at 6.99 ea

10% off

NEW ZEALAND SPRING LAMB Shoulder Chops frozen 675 g

4⁹⁹ /lb

Cornish Hens Frozen grade A 11.00/kg

value size Big format Big value

15⁹⁹

COMPLIMENTS Breaded Chicken value size 1.47-1.5 kg

3⁹⁹

Pork Half Loin Bone-In Chops frozen 8.80/kg

BUY 2 GET 3RD FREE MIX & MATCH

Stir-fry Solutions

Fresh Boneless Skinless Chicken Breast Stir-Fry

Fresh Boneless Pork Loin Centre Stir-Fry Strips or Cutlets

Fresh Beef Hip Boneless Stir-Fry Strips or Minute Steaks Family Size

quick & easy

STARTING AT 12⁹⁹

MARCANGELO Chicken or Pork Souvlaki 480-640 g or Bacon Wrapped Beef Sirloin Medallions 340 g

12⁹⁹

BATON ROUGE BBQ Pork Back Ribs 585 g

STARTING AT 4⁹⁹ +200 PTS when you buy 2

MAPLE LODGE FARMS Chicken Bacon 375 g or Ultimate Chicken Franks 500 g or ZABIHA HALAL Breakfast Chicken Strips or Italian Chicken Sausages 375 g

4⁹⁹

SUNRISE Sliced Bologna 375 g

4⁹⁹ +100 PTS when you buy 2

COMPLIMENTS Stuffed Chicken Cutlets or Asian Inspired Entrées 284-500 g

6⁹⁹

SCHNEIDERS Mini Meat Pies frozen 400 g

10⁹⁹

SCHNEIDERS Spinach 4-Cheese or Buffalo Chicken Dips frozen 265 g

14⁹⁹

MAPLE LEAF Prime Ribbed Without Antibiotics Breaded Chicken or Stuffed Chicken Cutlets or WATSON RIDGE Breaded Butter Milk Chicken Breast Pieces 568-800 g

GET TO FREE GROCERIES FASTER

when you join your Sobosys membership card and pay with your Sobosys Scan* Visa Card.

100pts = \$10 rebate

*Certified by the Canadian Beef Grading Agency - Certifié par L'Agence Canadienne de Classement du Bœuf

seafood

4.99 MEMBER
without Scene Card
COMPLIMENTS NATURALLY SIMPLE Tilapia, Basa or Pollock Fillets 400 g

14.99
In-Store Marinated Fresh Atlantic Salmon Fillets subject to availability 33.05/kg

12.99
Fresh Atlantic Salmon Roasts with Imitation Crab & Seafood Stuffing 28.64/kg

4.99
ANCHOR'S BAY Cooked Mussels, Clam Meat or Seafood Medley 340-360 g, CAPTAIN FRED Breaded Clam Strips 113 g

7.99
COMPLIMENTS Breaded Cod Nuggets or Fish Burgers 154-1515 g or Breaded Fish Sticks or Fish in Tempura Batter 700 g

11.99
COMPLIMENTS Smoked Atlantic, Steelhead or Gravlax Salmon 150 g

\$23
OCEAN JEWEL Pacific White Shrimp cooked, peeled and deveined 50-70 ct per lb 908 g

6.88
EIGHT TREASURES Whole Head-On Raw Shrimp 400 g

bakery

5.99
Cheese Bread 485 g

2.99
Mini Croissants 8 pk 250-260 g 3.49 ea

8.99 MEMBER
without Scene Card
Boston Dessert Cake 740 g

6.49 MEMBER
when you buy 2
Cheese Sticks 6 pk 300 g

3.49 MEMBER
when you buy 2
Bagels 4 pk 450 g 3.99 ea

2/\$7
Greek Yogurt Cheesecakes Lemon or Strawberry 125 g
Strudel Fingers, Turnovers or Mini Strudel 4-6 pk 228-272 g

deli

10.49 MEMBER
without Scene Card
COMPLIMENTS Goat Cheese 300 g

3.99 MEMBER
when you spend \$15 or more
L'EXTRA Brie, Double Cream Brie, OKA Original or L'Artisan Swiss-Style 700 g

2.99
COMPLIMENTS Black Forest or Honey Ham 700 g

5.29
MAIN STREET DELI Sliced Deli Meats selected 200-300 g

7.29
PANACHE Italian Meat selected 100 g

1.19
CHRIS BROTHERS Salami 700 g

3.29
COMPLIMENTS German, Hungarian or Peppercorn Salami 700 g

kitchen

6.49 MEMBER
when you buy 2
YUCATAN Regular Guacamole 227 g or Avocado Salsa 340 g

8.99 MEMBER
when you buy 2
PANACHE Soups 625 ml

4.29 MEMBER
when you buy 2
SUMMER FRESH Dips, Hummus, Queso or Salsa 200-227 g

3.99 MEMBER
when you buy 3
Handheld Savoury Pastries, Spinach & Feta, Bacon & Egg or other select varieties 76-95 g available chilled or reheated by request

\$15 MEMBER
without Scene Card
Ribs, Full Rack 710 g available hot or chilled

2.59
Chicken Wings, Breaded or Naked, Sauced or Unsauced sold by 100 g available hot or chilled

2.00 MEMBER
when you buy 400 g or more
Ready For You Meals sold by 100 g available chilled (excluding value sized options)

1.00 MEMBER
when you buy \$12 or more
Pulled Meats, Chicken or Pork sold by 100 g available chilled

RECIPES, STORIES, TIPS & TRICKS and more, all at Sobeys.com

frozen & dairy

<p>4.99 COMPLIMENTS Cory Coop Large White Eggs 12 pk +100 PTS when you buy 2</p>	<p>5.49 COMPLIMENTS Pure Orange Juice 1.54 L +100 PTS when you buy 2</p>	<p>4/\$5 YOPLAIT Yop Drinkable Yogurt 200 mL +100 PTS when you buy 4</p>	<p>4.49 SIGGI'S Icelandic Style Skyr Yogurt 4 pk</p>
<p>3.99 COMPLIMENTS Cheddar Flavour Slices 400 g +100 PTS when you buy 2</p>	<p>2.99 COMPLIMENTS Vegetable Oil Margarine 427 g +50 PTS when you buy 1</p>	<p>3.99 DANONE Danino Drinkable Yogurt 6 pk</p>	<p>8.49 HELUVA GOOD! Dip 680 g +50 PTS when you buy 1</p>
<p>4.99 SCOTSBURN Family Favourites Ice Cream 1.5 L selected</p>	<p>12.99 SNOWCREST Perfectly Imperfect Fruit frozen 1.75 kg</p>	<p>6.49 STROMBOLI Pizza 368-422 g</p>	<p>9.99 CRAFTY RAMEN Restaurant Quality Frozen Ramen 520 g</p>
<p>4.49 KRAFT Cool Whip Frozen Whipped Topping 1 L</p>	<p>2/\$7 GREEN GIANT Frozen Vegetables 400-750 g or Riced Vegetables or Restaurant Sides 200-340 g</p>	<p>2/\$10 WONG WING Frozen Entrées 294-300 g</p>	<p>5.99 HEALTHY CHOICE Power Bowls 262-276 g</p>

<p>4.99 COMPLIMENTS Cheese 250-270 g +100 PTS when you buy 2</p>	<p>1.99 COMPLIMENTS Sour Cream 250 mL +100 PTS when you buy 2</p>	<p>3.99 COMPLIMENTS Fries 800 g</p>	<p>4.99 COMPLIMENTS Frozen Fruit Bars or Mini Novelties 6 pk selected +100 PTS when you buy 2</p>
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natural health

<p>10.99 UNDERGROUND Kombucha 355 mL, 4 pk or 2.99 ea</p>	<p>3.99 BENNY Raspberry Energy Drink 355 mL</p>	<p>7.99 MARANTHA Organic Peanut Butter 500 g +100 PTS when you buy 2</p>	<p>2.99 THIRSTY BUDDHA All Natural Coconut Water 490 mL +100 PTS when you buy 2</p>
<p>2.99 BLUE DIAMOND Almond Breeze Chilled Beverage 1.89 L</p>	<p>2/\$10 EARTH'S OWN Barista 946 mL or Creamers 946 mL +100 PTS when you buy 2</p>	<p>3.99 CASBAH Couscous 198-340 g</p>	<p>5.29 PACIFIC FOODS Organic Broths 946 mL or 1 L +150 PTS when you buy 2</p>
<p>25% off ONE A DAY Multivitamin Gummies or FLINTSTONES Supplements 60-90 pk selected +100 PTS when you buy 1</p>	<p>1.99 LARABAR 45 g</p>	<p>2/\$6 TRUBAR 50 g or MADE WITH LOCAL Protein Cookies or Energy Bars 53-68 g +100 PTS when you buy 2</p>	<p>11.99 RXBAR 5-8 pk or MUSCLE MILK 4 pk +200 PTS when you buy 2</p>

Give them more with the Grocery Essentials Card. Visit sobey.com/giftcards for details.

drinks & snacks

BUY MORE SAVE MORE
2.99 each 1.99 or more
 ROCKSTAR Energy Drinks 473 mL, 3.79 ea

50 PTS when you buy 2
2/5.50
 G-FIT 828 mL

2.99
 NESTLÉ Tablet Bars 95-105 g

2.79
 JOLLY RANCHER or TWIZZLERS Candy 170-198 g

4.99
 CHRISTIE Family Size Crackers 328-454 g

6.29
 FRITO-LAY Value Size Snacks 325-535 g

3.29 each 1.99 or more **400 PTS** when you buy 4
 QUAKER Crispy Minis 90-100 g or Rice Cakes 127-199 g, 4.29 ea

4.79 **150 PTS** when you buy 3
 KINDER Bueno Minis 145 g or 3 pk, Bueno Bars or Surprise Eggs

5.99
 DARE Bear Paws Family Pack 337-480 g or Wagon Wheels 630 g

8.99
 STARBUCKS Nespresso Compatible Pods 10 pk, NESQUIK Drink Mix 510-700 mL or 540 g powder or NESCAFÉ Gold Instant Coffee 95-100 g

120 PTS when you buy 2
16.99
 JUMPING BEAN Single Serve Coffee Pods 20 pk

3.33
 NATURE VALLEY Sweet & Salty Granola, Protein or Fibre 1 Bars 125-210 g selected

meal makers

5.99
 COMPLIMENTS Bagged Cereal 400-794 g or KELLOGG'S Family Size Cereal 450-650 g

3.49
 DEL MONTE Jam 280 mL or COMPLIMENTS Peanut Butter 500 g

2.99
 DEL MONTE Canned Fruit 398 mL

5.49
 DEMPSTER'S 10" Tortillas 366-610 g

2.49
 BETTY CROCKER Super Moist Cake Mix selected 375-404 g

5.99
 CLUB HOUSE La Grille Seasonings 65-248 g or Spice Blends selected 111-203 g

3.49 **150 PTS** when you buy 3
 OLD EL PASO Tortillas 297-334 g or Taco Shells 125-133 g

2.99 **50 PTS** when you buy 2
 COMPLIMENTS Bagels 6 pk

7.99
 SWISS CHALET Gravy 284 mL or Sauces 32-51 g or CLUB HOUSE Pasta Sauce Sachets 28-32 g

200 PTS when you buy 2
 KRAFT Salad Dressing 425 mL

2.99
 CAMPBELL'S Ready To Serve Soup 510-515 mL or HABITANT Soup 796 mL

3.19
 COMPLIMENTS Sauces selected varieties 350 mL

Here for your budget and lifestyle

100 PTS when you buy 3
3/\$10
 COMPLIMENTS Quick Oats 1 kg, Instant Oatmeal 260-344 g or Granola 325 g

4.99 each 3.99 or more
 COMPLIMENTS Chocolate Chips 225-270 g, 5.49 ea

100 PTS when you buy 1
\$7
 COMPLIMENTS Macaroni & Cheese 225 g or Deluxe Macaroni & Cheese 200 g

250 PTS when you buy 2
 COMPLIMENTS Milk or Dark Chocolate Covered Almonds or Milk Chocolate Covered Cashews or Peanuts 350-400 g

100 PTS when you buy 2
1.50
 COMPLIMENTS Tortilla Chips 250-280 g or Kettle Chips 200 g

1.50
 BIG 8 Soft Drinks 2 L

200 PTS when you buy 1
3.79
 COMPLIMENTS Apple Juice 2 L

Give them more with the Grocery Essentials Card [Visit sobeys.com/giftcards](http://sobeys.com/giftcards) for details

home & pet care

<p>12⁴⁹ GLAD Waste Bags 20-40 pk</p>	<p>3⁹⁹ GLAD Cling Wrap 60 m</p>	<p>2⁵⁰ COMPLIMENTS Sandwich Bags 100 pk or Freezer Bags 15-20 pk</p>	<p>6⁹⁹ COTTONELLE Flushable Wipes 84 pk</p>
<p>12⁴⁹ ARM & HAMMER Laundry Detergent 2.96 L</p>	<p>8⁴⁹ LYSOL Toilet Bowl Cleaner 2 pk 710 mL or Dual Action Wipes 75 pk selected varieties</p>	<p>5⁹⁹ GARN Liquid Detergent 1.36 L, Fingers 16 pk, GAIN or DOWRY Fabric Softener 1.31 L, Beads 141/150 g or BOUNCE Sheets 40-80 pk or TIDE 946 mL</p>	<p>7⁹⁹ COMPLIMENTS Facial Tissue or Paper Towel 6 pk</p>
<p>8⁹⁹ WHISKAS Dry Cat Food 2 kg</p>	<p>1⁵⁹ CESAR Gourmet Wet Dog Food 100 g 1.79 ea</p>	<p>5²⁹ MILK-BONE Biscuits, Treats or Chews selected 201-900 g</p>	<p>5⁹⁹ WHISKAS Temptations Cat Treats 454 g</p>

health, beauty & baby

<p>10⁹⁹ CREST 3D White Mouthwash or ORAL-B Power Toothbrushes 473-946 mL or 1-2 pk selected</p>	<p>7⁹⁹ LISTERINE Total Care or Clinical Solutions Mouthwash 500 mL-1.25 L or AVEENO Shampoo or Conditioner 354 mL selected</p>	<p>Get more for your little one Oh baby!</p> <p>9⁹⁹ HUGGIES Wipes 168-192 pk</p>	<p>78⁹⁹ ENFAMIL A+ NeuroPro Ready-To-Feed</p>
<p>2/\$32 NATIVE Deodorant 68-99 g selected</p>	<p>3⁹⁹ GARNIER FRUCTIS or HERBAL ESSENCES Shampoo or Conditioner 346-370 mL selected</p>	<p>9⁹⁹ PEDIASURE Complete 4 pk or HUGGIES Wipes 168-192 pk</p>	<p>12⁹⁹ AVEENO Baby 532 mL</p>
<p>7⁹⁹ OLD SPICE Body Wash 532-709 mL or SECRET, OLD SPICE or GILLETTE Deodorant 45-85 g or 2 pk selected</p>	<p>9⁹⁹ NEUTROGENA Wipes selected</p>	<p>24⁹⁹ COMPLIMENTS Wipes 900 pk</p>	<p>2⁹⁹ CEREBELLY Puree Pouches 128 mL</p>
<p>3⁹⁹ BABY GOURMET Bars, Bites or Snacks 33-80 g</p>	<p>3⁹⁹ BABY GOURMET Bars, Bites or Snacks 33-80 g</p>	<p>3⁹⁹ BABY GOURMET Bars, Bites or Snacks 33-80 g</p>	<p>3⁹⁹ BABY GOURMET Bars, Bites or Snacks 33-80 g</p>

pharmacy

<p>10% off TYLENOL Pain Relief 50-120 pk or Easy Dissolve 12 pk or MOTRIN 200-400mg 45-72 pk selected*</p>	<p>10% off TYLENOL or BENLYN Cough, Cold & Flu selected*</p>	<p>10% off VISINE Eye Care selected 15 mL</p>	<p>10% off ALEVE Pain Relief 20-24 pk selected</p>
<p>10% off NEXCARE Bandages selected</p>	<p>10% off RHINARIS or HELIXA selected 100-200 mL</p>	<p>Scene+ Get 1,000 PTS with a OneTouch meter**</p> <p>That's like \$10 toward your groceries</p> <p>OneTouch meter FREE with purchase of 100 test strips. See your pharmacist for details. (Limit of 1 Free Meter)</p> <p>79⁹⁹ ONETOUCH Verio Test Strips 100 pk</p>	

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*Due to provincial regulations, products purchased using a prescription filled by a pharmacist may not be eligible for Scene+ offers.

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groceries

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500 PTS
when you buy 2

AVEENO Shampoo or
Conditioner 354 mL

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\$1

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HAPPY MONTH OF
Ramadan



10% off

حلال
Halal

Frozen New Zealand Lamb



10% off

SUNGOLD Lamb Tonight
264-375 g



11⁹⁹

ROYAL NUTS Almonds or Cashews 325 g selected varieties



4⁹⁹

COMPLIMENTS or PANACHE Naan
340 g



1⁹⁹

Red Carrots product of China or Long Squash product of Mexico 4.39/kg



5⁹⁹

KIRI Cheese Portions 144 g



7⁴⁹

TRE STELLE Halloumi
200 g



3⁹⁹

TRE STELLE Paneer Cheese
300 g



6⁴⁹

BRAR'S Samosas
624 g selected varieties



2⁹⁹

DEEP Frozen Paratha 368-384.75 g or Tandoori Naan selected varieties



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HAPPY MONTH OF
Ramadan



13⁹⁹
INDIA GATE Pure Basmati Rice
4.54 kg



20⁹⁹
AASHIRVAAD Whole Wheat Flour
9.07 kg



2⁴⁹
SALEM FOODS Bulgur
908 g selected varieties



3⁹⁹
SALEM FOODS Pickled Vine
Leaves 454 g



3⁹⁹
SALEM FOODS Pickled Cucumbers
1 L. or Roasted Eggplant 650 g



11⁴⁹
SALEM FOODS Nabulsi Olives 2 kg



8⁴⁹
KASH Golden
Tahini 900 g



3⁶⁹
SALEM FOODS
Tomato Paste 750 g



15⁴⁹
LA LUSHE Dark
Chocolate or Milk
Chocolate Pistachio
Kunafa 100 g



5⁷⁹
KASH Premium Halva
Pistachio 450 g



2⁷⁹
ETI Whole Digestive
Cookies 300 g



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fresh fest

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788
/lb

sumo
CITRUS
Super Sweet Sumo Oranges
product of USA 13.21/kg
5.99
/lb

Minneola Oranges
product of USA 5.49/kg
2.49
/lb

100 Pts
when you buy 2
7.49
Blood Oranges
product of Spain or USA
2 lb 907 g bag

100 Pts
when you buy 2
6.49
Cara Cara Oranges
product of USA
2 lb 907 g bag

100 Pts
when you buy 4
4/\$4
Lemons product of Spain
or USA or Limes product
of Mexico or Colombia

100 Pts
when you buy 2
2/\$6
Large Red Grapefruit
product of Israel

Citrusy & sweet? Yes please!

15.99
Cheesecakes 6" Lemon,
Strawberry or Cherry
760-960 g

5.99
Citrus Snack Boxes
select varieties
255-320 g

7.99
MEMBERS SAVE 1/2
MEMBER
9.99
without
Scanner Card
Small Bar Cakes 325-575 g

More for your citrus fix..

2.44
ea when you
buy 2 or more
OASIS Juice 960 mL
2.88 ea

3.99
DEL MONTE
Jam 260 mL

8.49
SAN PELLEGRINO
Sparkling Beverage
6x330 mL

Raised without antibiotics

Flavourful, fresh Canadian chicken

COMPLIMENTS Chicken



COMPLIMENTS Fresh Raised Without Antibiotics Boneless Skinless Chicken Breasts Family Size



COMPLIMENTS Fresh Raised Without Antibiotics Chicken Drumsticks or Bone-In Thighs



AIR-CHILLED



COMPLIMENTS Fresh Raised Without Antibiotics Extra Lean Ground Chicken 454 g

BUY 2 GET 3RD
of equal or lesser value
FREE

COMPLIMENTS Fresh Raised Without Antibiotics Chicken starting at 5.49/lb, 12.10/kg

MIX & MATCH



COMPLIMENTS Fresh Raised Without Antibiotics Boneless Skinless Chicken Thighs



COMPLIMENTS Fresh Raised Without Antibiotics Split Chicken Wings



COMPLIMENTS Fresh Raised Without Antibiotics Whole Chicken



1st Ingredient is Chocolate Chips!

- Made in Canada
- All butter
- No synthetic colours or artificial flavours
- No hydrogenated oils or MSG

100 PTS
when you buy 1

4.99

COMPLIMENTS
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Chocolate Chip
Cookies 280 g

NEW



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Sat fat
Sugars
Health Canada

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Try Fish Stick Bharta, seasoned with fiery aromatics and zesty pickled red onions with a side of rice or bread!

[Get recipe](#)



7⁹⁹

COMPLIMENTS Cod Nuggets 454 g



What home tastes like

Newfoundland favourites you've loved for years



1.50
BIG 8 Soft Drinks
2 L



1.24
COMPLIMENTS
Potato Chips 200 g



2.99
HOLIDAY Luncheon Meat 340 g



5.49
PURITY Ginger Cookies
400 g



2/\$5

COMPLIMENTS Flakes
of Ham, Turkey or
Chicken 156 g



5.99
HAWKINS
Cheezies
420 g



2/\$7
PURITY
Cream Crackers
200 g



1.50 PTS
when you buy 2

1.99
COMPLIMENTS Beans 398 mL



5.99
PURITY Oatmeal Cookies 385 g



15.99
CHALKERS Pickled
Beef Navel Value
Pack 12 kg



21.99

PINEHILL Frozen Boneless
Skinless Seasoned Chicken
Breasts 2 kg



12.99

SUNRISE Large Wax
Bologna 2 kg



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